

# DINNERLY



## Middle Eastern Lamb Cottage Pie with Sweet and Sour Peas



40 minutes



2 Servings

Jazz up the humble cottage pie with a baharat-spiced lamb filling nestled under creamy potato mash. For even more 'wow' factor, we've added vinegar-spiked smashed peas.

## WHAT WE SEND

- 2 potatoes
- 1 onion
- 1 carrot
- 5g baharat spice blend
- lamb mince
- 150g peas

## WHAT YOU NEED

- 1 garlic clove
- 1 tbs olive oil
- 1 tbs tomato paste
- 1 tbs white wine vinegar <sup>17</sup>
- 2 tsp honey

## TOOLS

- medium saucepan
- potato masher
- medium frypan
- 1L (4 cup) baking dish
- small saucepan

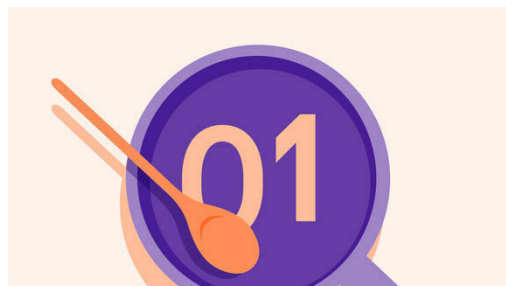
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Sulphites (17). May contain traces of other allergens.

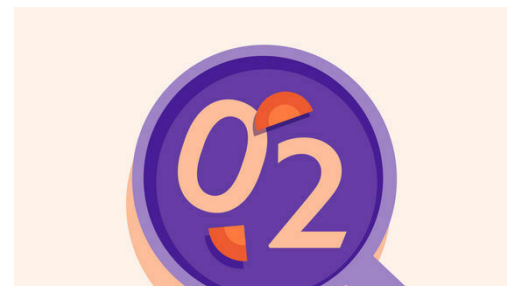
## NUTRITION PER SERVING

Energy 610kcal, Fat 22.7g, Carbs 56.5g, Proteins 37.7g



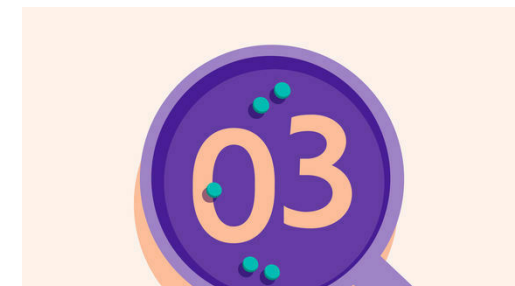
### 1. Make mashed potato

Preheat the oven to 220C. Peel the **potatoes** and cut into 2cm chunks. Put in a medium saucepan of cold water, bring to the boil and cook over medium heat for 10 mins or until tender. Reserve **125ml (½ cup) cooking water**, then drain the potato and return to the pan. Add the **reserved cooking water** and a **pinch of salt**, then coarsely mash the potato.



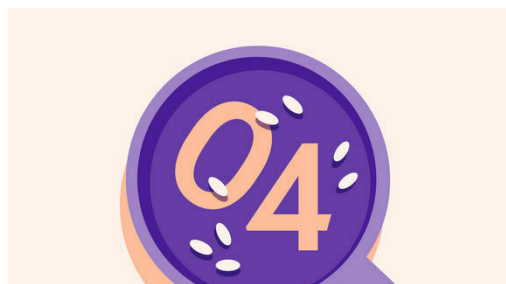
### 2. Start filling

Meanwhile, finely chop the **onion** and **carrot**. Crush or finely chop **1 garlic clove**. Heat **2 tsp olive oil** in a medium frypan over medium-high heat. Add the onion, carrot and garlic and cook, stirring, for 3 mins or until softened. Add **2 tsp baharat spice blend** and **1 tbs tomato paste** and cook, stirring, for 1 min or until fragrant.



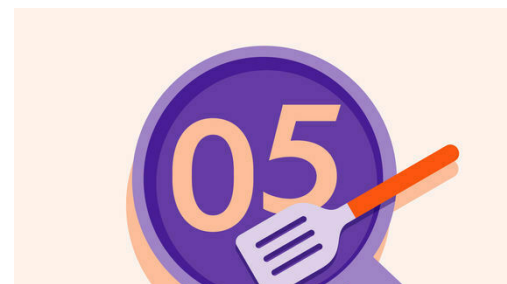
### 3. Finish filling and bake

Increase the heat to high and add the **lamb mince** to the veggies. Cook, breaking up the lumps with a spoon, for 4 mins or until browned. Add **half the peas** and **1 tbs water** and stir to combine. Remove from the heat and season with **salt and pepper**. Spoon the **lamb filling** into a 1L (4 cup) baking dish. Top with the **mashed potato** and bake for 15 mins or until golden.



### 4. Make smashed vinegar peas

Meanwhile, bring a small saucepan of water to the boil. Cook the **remaining peas** for 2 mins or until tender. Drain, then coarsely mash (see Make it yours). Put **1 tbs white wine vinegar**, **2 tsp olive oil**, **2 tsp honey** and a **pinch of salt** in a large bowl and whisk until well combined. Add the peas and stir to coat.



### 5. Serve up

Divide the **cottage pie** among bowls and top with the **smashed vinegar peas**. Enjoy!



### 6. Make it yours

Like a smooth pea puree? Blitz the peas with a stick blender, then stir in the dressing.